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August/September 2019

Community

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'The Park in Stoke Gifford', by Isla age 6; below  
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## Dear Readers....

School's out for summer!! At least the bell is about to go as I sit and write this, whilst listening to the torrential rain outside (why does the weather always change as soon as they break up!?). We're off camping in Croyde next week so I hope the sun puts in a reappearance for us then.

It's another busy issue for you this time around. We were pleased to meet a local couple celebrating their 60th wedding anniversary this year. Brian & Margaret have lived in Little Stoke & Stoke Gifford for over 50 years! You can read more about this lovely couple on p8-9. We very much enjoyed hosting a stall at St Michael's Primary School summer fair this year and I hope you enjoy the artwork drawn for us by some of the younger pupils! We had some great prizes to be won from Chepstow Racecourse, Aztec Hotel & Spa and Living Well Spa and we hope the winners enjoy their days out! See page 33 for more on this.

Iron Acton Garden Centre have joined us this issue and we share their summer gardening tips for you on page 22. If you're looking for excitement check out the activities on offer at the National Dive Centre just over the bridge in Chepstow - their advert on page 27 also offers our readers a special discount!

We have lots of local school news for you inside our pages and from some of the local sports clubs too. We introduce a local poet who's first book "Home Truth's", which explores human nature and how we treat the planet, is now available to loan from Bradley Stoke Library. Also in this issue you can 'Be a Cycle Hero' or 'Take the Plunge' to raise funds for the local MS Therapy Centre (p49), or undertake the 'Walk for Parkinson's' (p14).

Thank you once again to all of our local advertisers and supporters who have helped make this edition what it is, we absolutely couldn't do it without you. Please remember to mention Bradley Stoke & Little

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Stoke Gifford Matters whenever you can and keep liking and sharing our posts on facebook. **Jaci x**  
It really does help!

*If you are a business looking to promote your services across the Stokes do get in touch with us and we will be happy to help.*

*Deadline for the next issue is 12th September.*

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## Are you looking to do something different with your Saturday morning?

The Old School Rooms Coffee Shop Saturday volunteer team is looking for more people like you! If you would like to do something a little bit different - just once every four or five weeks - then we would love to hear from you. It involves serving the local community (not too hard) with a great group of other volunteers. Training is given, it's good fun, you learn a new skill and join a fun group of 100% volunteers that serve their community.

Get in touch if you'd like to know more!  
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## Stoke Gifford Gospel Choir records EP!

A lot of us might dream about being a recording artist but for members of our Stoke Gifford gospel choir, the dream has become a reality! Back in July around 80 singers gathered at Thornbury Baptist Church to record a brand new EP. The Stoke Gifford Gospel Generation Community Choir was one of 6 choirs that were part of this exciting project. Three other GGCC Bristol choirs ([www.ggcc.org.uk](http://www.ggcc.org.uk)), one from Torquay and one from Feltham swelled the numbers creating a wonderful rich sound.

Being part of a recording is quite a different experience to singing live in a concert so for most of the singers this was their first experience of the world of multiple takes, instructions for more energy, tighter diction and smiles! It was a long day, took 5 hours to record the four songs but we were kept going with delicious cakes and snacks provided by members of the choir. Once the main choir had finished we still had another three hours to record a smaller group, again featuring members of the Stoke Gifford group and some solos. The backing tracks for the songs had already been done by GGCC choir director Emma Smallwood ([www.emfomusic.co.uk](http://www.emfomusic.co.uk)) so literally all that was needed was the vocals.

We had the expert help of experienced singer/songwriter Geraldine Latty for the day, she led the choirs through all the songs and two of the songs we recorded were actually written by her and her husband, Carey Luce ([www.lucemusic.london](http://www.lucemusic.london)). Carey was the engineer/producer for the day, and will be mixing all the songs for us over the Summer. They will both be back to perform with the choir at our **Christmas concert at St Michael's Church on Friday 6th December**. Details of how to get tickets for that concert will be available from <https://www.stmichaelsbristol.org/smcevents/>

The title track of the EP is 'Sing our way home' and the other tracks are a mixture of traditional spirituals and more contemporary gospel songs. We're aiming to launch our EP at our annual Gospel singing conference, Sing 2019 which will be in Easton, Bristol on 12th October. This is open to anyone who loves to sing and loves gospel music, still places available ([www.ticketsource.co.uk/gospelgenerationcommunitychoir](http://www.ticketsource.co.uk/gospelgenerationcommunitychoir)).

**We'll have more details of the launch and how to get hold of a copy when our new rehearsal term starts on Tuesday 10th September, 7.30pm in the lower hall in the St Michael's Centre on the Green, Stoke Gifford. New members always welcome so why not come and join us!**

**For more information contact Emma Smallwood [gospelgen@googlemail.com](mailto:gospelgen@googlemail.com)**



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The Stoke Gifford Branch of the Royal British Legion, (RBL), is having another good year with the Poppy Appeal, which runs from the 1st of October 2018 to 30th September 2019. To date we have raised over £50,000 for the Poppy Appeal,

The Branch would like to thank the public, branch members and volunteers, businesses and other organisations for their help and generosity throughout the Appeal. And of course thank Bradley Stoke & Little Stoke Gifford Matters who do so much to help us raise so much money and help us raise the profile of our welfare work so we can reach more people who need our help.

The Branch celebrates its volunteers, and holds an annual Thank You dinner for its volunteers.

The Branch is very keen to recruit more people to knit it's famous knitted Poppies for the Poppy Appeal. The knitted Poppies are very popular and raise much money for the Poppy Appeal, and the Branch can't keep up with demand!! There is no pressure to knit a certain number, any amount you can do will greatly help.

If you are interested in volunteering for the branch in any capacity, please email [rblstokegifford@gmail.com](mailto:rblstokegifford@gmail.com) or phone Tony Peters on - 07971242845

**The popular Poppy Appeal Launch for the 2019/20 fundraising year will be on Friday 25th October, 2019 in Bristol Parkway Station at 2pm with local uniformed groups, cadets etc.**

The money raised for the Poppy Appeal goes to the RBL's Welfare Fund, which is used to give help and support to current and ex service personnel and their families. If you or someone you know needs help from the Royal British Legion please contact the RBL national helpline - 0808 802 8080.

You can follow the local branch on facebook - **StokeGiffordRBL**



## Remembrance: -

The **Stoke Gifford Remembrance** Sunday service will be held at the Memorial on the Green in North Road Stoke Gifford at 10.15 am on Sunday, the 10th November 2019, this is a short service, an Act of Remembrance takes place with the laying of wreaths and the 2 minutes silence.

Following this out door service, the usual Remembrance Service takes place inside St Michael's Church.

The Baptist church in Rock Lane off North Road also has an 11 o'clock service.

**The Branch is putting out a call for musician(s) to play the last Post / Reveille during the Remembrance period. Please contact the branch at - [rblstokegifford@gmail.com](mailto:rblstokegifford@gmail.com)**

The **Filton Remembrance** Sunday Service will be held at St Peter's Church, Filton. There will be a service in the church starting at 10am with a service at the War memorial in the church cemetery at 11am. There will also be a short service at the war memorial at 11am on Remembrance Day itself (Monday).

The **Patchway Remembrance** Parade will be on Sunday 17th November 2019. Muster point for the start of the march will be at Patchway Parade next to Coniston Medical Practice BS34 5TF this will leave at 10.30 sharp, and pressed down Coniston Road to Scott Park BS34 5JR, early attendance is recommended at the muster point.



We were delighted to hear from Philip John, a Bradley Stoke resident whose first published poetry book 'Home Truths' has now been made available in Bradley Stoke Library.



Philip is a Welsh poet originally from South Wales who now lives in Bradley Stoke having moved across the border to Bristol to work within procurement and alongside serving and ex-military personnel.

Philip tells us "I have always had an affinity with poetry from childhood but had not pursued it until fairly recently - managing to secure a publishing deal for my first collection of poetry 'Home Truths'. This book explores the human condition, human history, nature, and more specifically our treatment of the planet. Within the book, there are underlying environmental themes and a cry for change - very much in keeping with Bristol's status as a green city."

Philip has performed several readings broadcast on BBC Radio Bristol in the last few months and South Gloucestershire Libraries has now made his book available in Bradley Stoke Library. Although it is available on Amazon, Wordcatcher Publishing, and from other booksellers, Philip would like to reach out to local residents to let them know about his book and that it is also accessible for free. I would be delighted just for my book to reach more people, schools, and the community in general. You can find Philip on Facebook and Instagram by searching @philipjohnpoetry.



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**"I've been a faithful follower of your magazine for many years, it is so informative and helps to keep us feeling in touch with the local community... I wondered if you would be interested in our story and would love it if a thank you for all the cards, presents, donations and good wishes could be included following our 60th wedding anniversary"**

Easily one of the best parts of my job is meeting up with local residents to share a happy story. It was an absolute pleasure therefore to share a coffee and piece of cake with local residents Margaret and Brian Silverthorn, who have recently celebrated their 60th (Diamond) wedding anniversary and had the added surprise of a card of Congratulations from her Majesty Queen Elizabeth.

Margaret and Brian have lived in the Stokes for over 50 years. They met aged 16 and 20, both attending a dance class at 344 in Fishponds Road. During a "ladies excuse me" when dance partners moved on, neither of the couple can actually remember who asked who to dance, but when Margaret later asked Brian his name he tripped over his feet and asked if he could walk her home! *"I wasn't normally much of a dancer"* Brian told me, *"this was the first time I went along. I saw Margaret and was instantly smitten"*.

Margaret picked up the tale: *"Two weeks later he told me he was going to marry me! I laughed like a drain - there was nothing further from my mind at that time, being only 16."*



Brian and Margaret were married five years later, on 30th May 1959.

The couple have lived in Stoke Gifford for nearly 40 years, and prior to that spent 10 years plus in Little Stoke.

*"When we went to buy our house in Little Stoke, we were 'two and six' or '1/2 crown' short to raise a mortgage" Brian told me "that's around 12 1/2 p these days! Well I went to my boss and the next month he gave me a rise and thankfully we managed to get the mortgage!"*

Their children, David and Laura, both attended Little Stoke Primary School with David going up to what was then Filton High School and Laura moving on to Colston Girls.

Both Brian and Margaret worked locally at BAC/ BAe/Airbus; Margaret as a Secretary/PA to an Executive Director on the Airbus side and Brian in Management and Cost Control. Keeping it in the family, son David also works for Airbus, having spent the last 14 years based in Toulouse. Their daughter remains local, living with her family in Bradley Stoke. The couple have 3 grandchildren. Brian and Margaret are pictured with the family at their party (left).

*"We love living in Stoke Gifford, it still has such a village feel with all amenities right on our doorstep yet*

*still has fields just a short walk across the road. It's a lovely, friendly area"*

The couple are very active in the local community, with Brian enjoying short mat bowls and skittles and Margaret a member of the local WI for over 20 years as well as the local flower arranging group. They both enjoy line dancing, active walks and also volunteer for the National Trust at Dyrham Park. *"We are very fortunate to have been blessed with good health"*.

Brian and Margaret have enjoyed lots of travel over the years including trips to India, Egypt, Jordan, a Nile cruise, Mediterranean cruise and a cruise to see the Northern Lights to name a few; but one trip raises a special memory. *"All the kids nowadays seem to have this gap year - we never had such a thing in our time, so we thought why not go now! So in our 70s we spent some time island hopping around the Greek islands, not knowing where we were heading or where we were staying the night!"* Margaret said *"Brian told me I could only take the clothes I could carry in the backpack on my back! Not the way a lady usually travels!"* It sounds like they had a great trip.

To celebrate their Diamond Wedding, the couple held a big party for family and friends in Iron Acton hall, where they were entertained by a local disco, Euphorix, and a Neil Diamond tribute act. A BBQ for neighbours is also planned.

*"We had so many presents and cards and I would really like to thank everyone who helped us celebrate. We asked for donations to charity in lieu of presents and are both astounded to have raised £300 - we never had any idea it would be that much. We have long supported the Charlton Farm Children's Hospice, so some of the money will be sent to them and some to the Air Ambulance. As a family we have been extremely blessed not to have needed either of these great charities. Even with a vivid imagination, I cannot think what anguish parents must go through who outlive their child. We are so grateful not to have*

*needed that support but their work is so important to those that do need them."*

## The key to 60 years of marriage?

*"I can't believe we've been married for 60 years. If someone asked me I'd say it felt more like 25, time has just flown"* said Margaret, *"but that's life"*.

Brian: *"and it's been a good one"*

Margaret: *"I wouldn't swap him for anybody"*



Brian: *"I think I might say the same!"*

Margaret: *"You'd better!!"*

....

*"Tolerance"* said Margaret

*"Forgiveness"* said Brian

*"I don't think I've ever done anything that you needed to forgive me for"* joked Margaret!

*"We have a tea towel that says 'Marriage is one person always being right and the other one being the husband'"* retorted Brian *"I think that says it all!"*

***Listening to the pair of them, I think a good sense of humour is key!!***

***Thank you Margaret and Brian for a warm welcome and for sharing a part of your story with us. Many congratulations to you both.***





## Bradley Stoke Lions

President Michael and Lion Ailsa visited the Great Western Air Ambulance's new Operational Base at Almondsbury recently to present them with a cheque for £1,030.35. This amount included £780.35 raised at Past President Robin Young's funeral and a further cheque for £250 donated by Bradley Stoke Lions in remembrance of Robin. Thank you to all who donated money in lieu of flowers – Robin would have been so humbled by this response and so pleased that it went to such a worth while charity. It is hard to believe, when you recognise the amazing work the Air Ambulance does for our communities, that this is still a charity depending on people's good will to donate. Our thanks to Joe Hughes, their Community Fundraising Coordinator who showed us round the new base and introduced us to some of the crew just before they flew off on yet another mission.

Sadly we bid goodbye to another Lion, Frederic and his wife Xiyang and daughter Sophie as they set off for Japan where Frederic's work will take him for the next few years. We wish them well and hope they enjoy Japan.

If you would like to know more about the Lions, please get in touch with the Bradley Stoke Lions on 0845 8336745 or use the number given below. We would love to hear from you.

Lion Ailsa Young  
Tel: 07737 106836



**On Sunday 28th July Stoke Gifford United FC will be inviting the local football community across the Stokes, along with Ben's friends and family, to come together to again celebrate the life of the late, great Ben Hiscox.**

For those of you who don't know, we tragically lost Ben following a freak collision with the clubhouse wall during a match on 31st March 2015. Each year since the club have arranged a match in his honour to remember, not only one of our greatest ever players, but a truly great bloke.

We will be playing a Memorial match full of players that played against and alongside Ben in his goal-laden football career. We'd like to thank Ricky, Matt and Ash for always supporting the event and raising a Little Stoke XI over the last few years. Also it'll be good to see a few of the lads that shared an unforgettable few seasons with Ben at Bristol Manor Farm.

Event kicks off at midday. There will also be a bouncy castle, BBQ and other refreshments so please bring all the family along to enjoy a day to remember.



A mention too for Ben's family, who I know are very appreciative of all the support that this Memorial Day attracts each year. It's great to have the backing of Clive, Gloria, Rachel and all the family.



**Last but not least, we will be raising money for a fantastic local charity - Headway Bristol - that we've had the pleasure to visit and witness the brilliant work they carry out to aid victims of brain injury.**

**So please come along and support a great local charity and of course to help remember and celebrate the life of a true local legend, our mate Ben.**



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## **Patchway Judo success for judoka**

Patchway Judo Club established over 50 years ago and being a family orientated voluntary run club for young and older male and female aged 4-50+ who want to get fit, learn new skills and compete locally, nationally and internationally have had some great success over many years but have received some great news about several of their players (judoka).

Three of their male players and one female judoka have been entered in to the commonwealth games.

The Judo Competition part of The Commonwealth Games is being held in September 2020 in Birmingham, England. This is due to be the third time England has hosted the Games.

The club with over 100 members and 6 coaches have 3 sessions held on a Saturday between 9.15am and 1pm also 2 sessions on a Thursday evening between 6.15 and 8.45pm all held at the youth centre on Coniston Road in Patchway. The help and support received from the army of volunteers helps to fund various club activities for the families such as Christmas party, fun days and sponsorship events plus it contributes to entry fees, National kits and tracksuits, as well as Gi's and when the players achieve their highest grading the club supplies them with their first Black Belt.

The players (photo above) already accepted into the commonwealth games are ;

- Alfie Norton Pre Cadet Boys -55kg
- Finley Norton u21 - 81kg
- Luke Tavener U81kg masters M2 category
- Isabelle Rhodes-Fussell Pre Cadet Girls -63kg

All of these players started their judo journeys at the club and it is great to see how far they've come over the years. It takes a lot of hard work and dedication to achieve what they have and the club coaches are relishing the task of getting them all in tip top condition for the games.

Patchway Judo Club is a great place to train and learn and these members, as well as many others over the history of the club, are testimony to that.

**If you or anyone is interested in starting judo please feel free to come along on a Saturday morning and have a look around, watch the session or maybe join in. It's fun, friendly and sociable. We have refreshments for when you've had a good workout plus plenty of people to answer any questions you might have.**

**Either go on the website to find out more information at <http://www.patchwayjudo.org>**

**Or telephone Aliso Finn on 07974 105179, Email on [finnialison@live.co.uk](mailto:finnialison@live.co.uk)**







# WALK FOR PARKINSON'S

Ashton Court Estate

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Sunday 29 September 2019

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## Sun, sea and ...shoulder pain?

I don't know about you, but shoulder pain is the last souvenir I want of my holiday (I'd rather lasting memories of blue skies and white sandy beaches). But coming home from your annual rest with shoulder pain surprisingly common.

Let's look at five things you can do to avoid a [suit]case of shoulder pain on holiday.

1. Wheels on your suitcase: four wheels is definitely better than two as you don't have to tilt your case. Four wheels should allow you to push your suitcase as well, meaning you don't have to twist your back to pull it behind you with your arm at an awkward angle.
2. Split your luggage between you: it's likely that you will have to carry your suitcase at some point (wheels don't work everywhere), so packing your luggage in smaller bags that you can share out between you means you can move your suitcases with less strain on your shoulders.
3. Pack less in your hand luggage. It can be really tough to swing those bags into the overhead lockers. There's not enough room to lift properly so lighter bags are going to help you avoid this prime cause of stress on your shoulder joints.
4. Use backpacks for everyday. Spreading the weight evenly across your body, reduces the pull on your neck and shoulders that you might otherwise experience if carrying a bag on one side of your body for a long period of time.
5. Move and stretch regularly. This can be a tricky thought when you'd rather lounge by the pool, but some simple exercises such as a chair twist can help. Sit on the edge of your chair and reach round to hold the back of the chair. You should feel a gentle stretch through your back. Reach around to the other side and do the same.

I'd add a bonus tip and that's keep hydrated. If you haven't drunk enough water, any pain can feel worse.

**For further information about how to avoid or treat shoulder pain please do get in touch with us on 01454 618 525.**

**More info can also be found on our website:  
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\*Only one free trial per person. Upon downloading your free trial redemption code, you will have seven days to use it before it expires. To use the trial you must be 18 years or over. Trial not available at our partner gyms or corporate on-site gyms or our City (Cannon Street), Covent Garden or Moorgate clubs. Photographic ID will be required upon attendance. No cash alternative is available. Facilities vary per club. Nuffield Health reserves the right to refuse usage of the day pass and facilities where appropriate or deemed necessary. Guest members cannot book into group exercise classes although if spaces are available when the class starts these can be attended on an ad hoc basis; available spaces cannot be guaranteed. \*\*Pools in 111 of 112 clubs; Nuffield Health Battersea does not have a pool. Please ask at club for full details.

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Whatever your current challenge, and whatever has happened to you in the past, Solution Focused Hypnotherapy can help. I will work with you to find out what you would like your preferred future to look like. We don't dwell on the past, clients report how 'freeing' this process feels.

The positive talking therapy work is enhanced by the application of hypnosis. Hypnosis is a very relaxing and enjoyable experience. When we enter the state of trance, our subconscious mind becomes more receptive to positive suggestions. Brain waves change during this process, we become more focused, calmer and able to make decisions with clarity.

We all have the ability to change if we are motivated. With the knowledge and skills acquired during our sessions, you can

understand why you are feeling the way you do, and make a decision about how to react to the situations in your life. Using the latest advances in neuroscience, I can help you to remodel your brain and patterns of thinking, to create a stronger, more confident, calmer and in control state of mind.

I truly believe in life we can be anything we want to be, change begins with you...just imagine xx

### What clients say...

**"I went to Laura to help me overcome my fear of flying.** It took four sessions, which she stated it would at my initial enquiry. Laura was so clear about what we were going to do each time I felt completely at ease and relaxed during the process. When I had completed my treatment, I travelled on a 2 hour flight completely relaxed and confident. I had a fab holiday with no worries about how I would get home, I can't believe the difference she made as I was a hysterical wreck when I last flew, 15 years ago!! Thank you Laura"

**Annabelle**

**"Suddenly I have no desire to drink alcohol.** I arrived one Friday saying, 'I'm going to stop drinking altogether'. The relief was almost instant, it was like lifting a veil from my eyes, and I suddenly felt that was the most logical, sensible and achievable goal. That was 21 days ago, I haven't gone 21 days without drinking in 15 years. I haven't even done more than a week, but suddenly I have no desire to drink alcohol."

**Alison**

**"After my one visit to Laura I have not smoked since!** Having been a smoker for well over 25 years, and having tried several times to quit using various methods, I am happy to share that after my one visit to Laura I have not smoked since!"

**Nik**

**"I feel like I've achieved so much already.** I've used to help support anxiety and depression, as well as weight loss and negative mentality. Honestly I would suggest it to anyone!"

**Pippa**

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## Rear Lane – Do We Have a Right to Use This?

*Laura Wilkinson of AMD Solicitors provides an insight into the use of rear accessways and lanes.*

In many parts of Bristol there are lanes or access paths to the rear of properties used either to gain access to garages or as a pedestrian right of way for the removal of rubbish. As a property owner it is important to understand whether you have a right to use a rear accessway.

A right of way may exist in one of the following ways:-

### 1. A Public Right of Way

This is a general right which can be enjoyed by the public over an adopted highway or path which is maintained by the Local Authority. A Local Search undertaken at the time of your purchase should show whether the accessway is adopted by the Local Authority.

### 2. A Private Right of Way

This can be established either by:-

- a) An express agreement contained in historic deeds giving the owner of the property a right of way. The deed should specify the exact route, any restrictions on the extent of the width or height of the right of way whether it is on foot and/or with vehicles. Sometimes there may be conditions on the time of day that the right can be used and who will be responsible for the maintenance and repair of it.
- b) Even if there have been no express rights of way granted it is possible that a private right of way can be established though evidence of long use. This is called a right "by prescription". Provided it can be shown that it has been used for over 20 years without permission from a third party or in secret and that no payment has been made for the use of it, then a right of way can be established.



### Repairing a Private Right of Way

Often no one party can be identified as responsible for the maintenance and repair of an accessway. In this instance the usual practice is for the owners of adjoining properties to join together informally to contribute towards any repairs or, alternatively, each individual property owner will maintain the part adjoining their property. Buyers should therefore be aware that private lanes may not be maintained and repaired to the highest standard.

AMD Solicitors have teams of experienced conveyancers with a wealth of experience in all aspects of buying and selling properties.

We take pride in our commitment to excellence in providing a high quality professional conveyancing service for our clients. We can assist you with buying and selling leasehold or freehold properties and flats and houses of all types.

For a fee estimate or to discuss your property sale or purchase contact Laura Wilkinson or one of her colleagues on 0117 9735647 or pop into one of our four Bristol offices or email [jomcgrath@amdsolicitors.com](mailto:jomcgrath@amdsolicitors.com).

## Advice Making a Difference



Telephone us on (0117) 962 1205 or visit our website [www.amdsolicitors.com](http://www.amdsolicitors.com)



# Kemps Jewellers 1881

It was lovely to pop into Kemp's Jewellers once more for this issue and catch up with owner Michael Kemp (pictured right), who has been heading up the family business now for over 30 years.

Kemps first opened in Bristol in 1881 and has long earned an enviable reputation for quality and service. It is one of the few companies in the area that can boast continuous family ownership since late 19th century - Michael Kemp is the fourth generation!

The business prides itself on 'keeping it local' and remaining independent. "We are proud to be one of the very few independent jewellers still around" Michael told me, "We have a great team here, with staff who have been working with me for over 10 and 20 years. I've been in the business more than 36 years myself - you just can't make up that kind of depth of knowledge and experience!"

"I love the fact that we can still surprise people with what we can offer. You might be able to get something cheaper on the internet these days but that usually comes with no guarantees and it is easy to be misled, finding out it is not quite the bargain you had thought. If you are looking for a more unique piece then the internet isn't the place to look - but we can help! We have rings and other items of jewellery both new and old, with a great range of prices to suit every budget - from a few pounds to a few thousand pounds."

You are guaranteed personal service from Kemp's with Michael and the team doing their utmost to help you, whether you have an existing ring to resize; a watch that needs a new battery; jewellery for valuation or remodelling; or if you are looking for that perfect engagement ring or 'love token', a special anniversary or birthday present for a family member, it is always worth popping in to Kemp's.

**For this issue, Kemp's are offering a "Summer Clean" whereby they will inspect and clean your jewellery free of charge for you.** I couldn't wait to take them up on this offer, so whilst we were chatting Michael arranged for my engagement ring to be cleaned. It was amazing just what a difference it made and how sparkly it was returned to me. It is also reassuring to know

that the claws are solid and I'm in no danger of losing the stone any time soon. I also had two gifted rings that needed resizing and so was pleased to leave these in capable hands - these items will also get a free clean up too before coming back to me. To take advantage of the free summer clean offer, just take in this edition of Bradley Stoke Matters when you visit. A clean can take around an hour so you will have time to have a browse in the shop, pop next door for a coffee or do some other shopping whilst you wait.

**Tucked away in the corner of Carlton Court in Westbury on Trym, a visit to Kemp's is well worth the trip. I also clocked a lovely Tree of Life necklace that I'm contemplating buying for a friend's birthday next month...**

**or perhaps it's my birthday treat ...??!**



# Kemps Jewellers

Established 1881

*For a professional, quality and friendly service*

**Keep it Local!**  
Kemps is proud to be independent in Bristol for nearly 140 years!

## Find the perfect Summer gift at Kemp's

*"I would just like to thank Jackie and her lovely ladies at W-O-T for the outstanding customer service I received today. Nothing was too much trouble and the help was A\* plus! Could you please pass on the compliment, it is lovely to see that there are still some shops that have that special personal touch."* Helen Skuse



## Free Summer Clean

**We will inspect and clean your jewellery free of charge - just bring along this advert when you visit!**  
(offer ends 31 August 2019)



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## Going away this Summer?

Summer is here and with it comes sunshine filled days and weeks away exploring the world. While you are away from your garden, you may be concerned about your plants and keeping them watered. There is nothing worse than coming home to wilted plants and withered crops.

Luckily, there are steps you can take to make sure your garden stays looking fantastic! So when you get back home, you can relax with a cuppa in the garden (and ignore the pile of washing!)

1. A day or so before you leave, weed your garden. Weeds compete for water with other plants, removing them will make sure your plants have more.
2. Cut the grass – instead of putting the cuttings in your green bin, pile them on your beds. Not only will your lawn look neat, the cuttings will create a mulch. Mulched plants lose 25% less water, helping keep them healthy.
3. Before you leave, water your plants deeply. This means give the soil a thorough soaking - a quick run around with a watering can will not be enough. If you can leave a sprinkler on for a while this will help when watering large areas.
4. If you have areas that dry out quickly because they are in full sun, cover the ground to trap moisture. This can be done with bark or wood chips, mulch or stones. Do not use plastic as you want rain water to still get in to the soil.
5. You can also add a shade cloth. Common in greenhouses, shade cloths diffuse the light and help protect plants from direct sunlight. This could even be an old sheet on some poles!
6. Use water spikes. These are handy for containers, hanging baskets and houseplants. Using a recycled plastic bottle, fill it with water and screw on the water spike where the lid would be. This will allow the water to slowly drip out, keeping your plants watered. If you are away for two weeks, you can use two or three bottles.
7. Create an automated water system. You can add a timer to your garden hose and set up a watering system around your garden. This will make sure your plants are watered as if you were actually there.



8. Ask a friend or neighbour! Usually they will be more than happy to pop in to your garden and keep everything watered for you.
9. Water butts. These store rain water, so can provide you with lots of free water. You can run soaker hoses from them in to your garden, which will slowly saturate the ground while you are away.

Hopefully these tips will help your garden stay green and fabulous while you are away. If you need any help with watering products or have any garden related questions, why not pop in to our centre and speak to our friendly staff. They are always on hand to give advice and help you achieve your garden vision.

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## Don't let pain hold you back this Summer!

Summer is here, the warmer, longer days, make it the perfect time to get outdoors and get active! Don't let an old injury or nagging pain prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving – pain free!

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the root cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one treatment to another to most effectively treat the individual patient. Dawn incorporates – Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage,

Manipulation (HVT), Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP), Reiki and Reflexology in her work.

### Editor's Note

*Hours at my laptop producing this magazine and all the stresses two active toddlers inflict on your body, does take its toll. Thankfully, periodic visits to Dawn keeps me pain-free and able to indulge in my passion of horse riding when I get the chance! You couldn't ask to be treated by a more caring, talented practitioner. - Kerry*

Dawn is happy for you to get in touch for further information. Please call: **0795 1099 491**

Visit: [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk)  
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Hypnotherapy is widely used for all psychosomatic disorders (mental and emotional states which actually produce physical symptoms). In a nutshell, hypnotherapy can generally help with any problem you're finding hard to handle on your own - thoughts and actions you'd like to banish or acquire, or emotional suffering that is too overwhelming or has gone on too long.

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## Holy Family News

### Dazzling Deanfield

The staff at Holy Family are always keen to expand the horizons of our children and whenever possible organise some marvellous new experiences. Term 5 was no exception. The Year 3 & 4 teachers arranged a wonderful residential visit to Deanfield Study Centre near Parkend in the Forest of Dean. 45 children from the two classes attended, leaving school

on the Tuesday and returning on the Wednesday. Activities included climbing tower, tunnels, problem solving and a stream walk. Tuesday evening was rounded up with a campfire and sing song! All the children really enjoyed the trip – Ruby from Year 3 said “this was the best time I’ve ever had, I loved sharing a room with my friends and the camp fire was amazing – we had toasted marshmallows!” Staff were equally positive and we plan to make this an annual visit.

### ‘All Aboard’

In Term 4, Holy Family Primary School’s Saint Joseph’s class (Year 1) went on a pirate adventure to Bristol’s historic Harbourside. The trip was designed to bring their ‘Pirates and Pioneers’ topic to life, providing opportunities for role play and hands on learning. The class visited many pirate haunts; learned about Bristol’s network of underground tunnels; discovered caves which were once used to store exotic bounty; and sailed aboard The Matthew (a full size replica of a fifteenth century sailing ship).

The group were blessed with sunshine and only a short burst of rain as they explored the decks of the ship. The children behaved beautifully all day and were complimented by members of the public. Even the crew of The Matthew thanked the children for being ‘delightful’!



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Let's work together and update the Diagnostic Radiography degree programme at the University of the West of England, Bristol



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The University of the West of England, Bristol has been training radiographers for over twenty years.

- ❖ We would like your help in updating our radiography training course.
- ❖ We are using an on-line tool to create an opportunity for people to have their voices heard.

From the 09th September 2019 you can help shape our future by:

- ❖ Sharing your insights
- ❖ Commenting on ideas
- ❖ Rating other people's views

All ideas are anonymous.

To find further information please go to:  
<https://crowdcurriculum.clevertogogether.com>

*\*This recruitment strategy has been agreed by the Swansea University Medical School and Faculty of Health and Applied Sciences at UWE, Bristol ethics committees*

## OSR Scouts complete another busy term



This term started off with an evening of 'Its a knock out' played out on the green in patrols for points. We attended a church parade at St. Michael's, which was Karen Needham's last one so we were glad to show our support and we also renewed our Scout Promise at the end in the church.

We had a bat walk with 3 Brooke's Conservation group in the area behind Bradley Stoke School and also completed the Naturalist Activity Badge with a day in Stoke Park Estate with Steven England a local conservationist. This was great as we learnt so much about the wildlife, plants and much much more. Steven is absolutely fantastic and so knowledgeable.

The troop welcomed Joe Batley Bristol Bears Rugby Union player in and he helped the scouts understand the benefits of sleep, balanced diet and hydration. Also a session on behaviour, code of conduct and Archery.

The rest of the Summer term programme was built around Physical activities and guest speaker Sabina shared information on drugs and her battle to get free of the addiction. We entered a team in Gloucestershire scouts Strategy weekend competition camp and finished 17th out of over 300 teams!



The results of the international Jambowtree (bowling evening at Hollywood Bowl with scores registered and sent off to organisers) came in with our troop finishing an incredible 13th out of 313 teams



from around the world. The troop have also just completed their 2 day expedition, where 16 scouts aged 10-14 carried all their equipment from Severn Beach to Berkeley Power Station sleeping over at Thornbury Sailing Club in Oldbury-on-Severn. All part of the Adventure!

Map reading, Orienteering, judo, archery, aerobics and fishing completed the term with an evening of Crazy Golf in Hambrook was our final night where we had a further 4 Gold Chief Scouts Awards to present.



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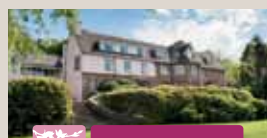


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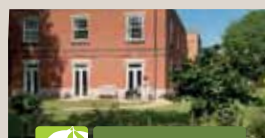
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## Over £1400 raised for the British Heart Foundation by local NBRFC U14 Boys team

North Bristol RFC's Boys U14s team for 2019/20 Season bag packed at Asda Patchway for a day for their Summer Charity Fundraiser on Saturday 6th July. Each year for the past three years the team, coaches and parents have given their time and raised money in a variety of ways.

Two years ago they completed a 24 hour Spinathon in aid of Marie Curie, raising £1000, and then last Summer they walked across the Severn Bridge, visiting Chepstow RFC and stopping for a liquid refreshment before heading back into England. That walk raised £1000 for My Name's Doddie, a charity raising money for research into Motor Neurone Disease, inspired by Scottish Rugby International Doddie Weir.

Last weekend the squad raised an incredible £1101.97 bag packing and, with a further £300 raised by raffling a signed Bristol Bears shirt at a recent Coaches Dinner, means £1401.97 will be donated to the British Heart Foundation. This year's charity choice was inspired by a child at a local school who has received support from the Foundation and it was great to see Callum and his Mum join the squad on the day.

Head Coach Steve Bold said after the event, "The boys are very lucky with the coaching they receive, the facilities that they can use and the sponsors that they have. So, it is important for the boys to give back to their community and support people less fortunate than themselves and it was great to see them really pulling together as a team on a hot Saturday at Asda Patchway to raise valuable funds for that charity."

North Bristol RFC, located in Almondsbury, welcomes players of all ages and ability for their teams from U5s – U11s (mixed-sex rugby) U12s – Colts (boys) U13s – U18s (girls) and both Senior Men and Ladies teams. Please contact enquiries@northbristolrfc.co.uk for more information or visit their website [www.northbristolrfc.co.uk](http://www.northbristolrfc.co.uk)



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## Our vision for the St Michael's Primary School: Let Your Light Shine

Mark Freeman, Head Teacher

**At St Michael's School we provide a safe, happy and inspiring learning environment based around our core values of love, joy, hope and forgiveness. We celebrate the uniqueness of every child, and encourage them to shine in all they do, preparing them for life's journey.**

### Redesigning our curriculum

So what does that mean in practice for the 660 children who currently attend St Michael's? Over the past few months we have been reviewing and redesigning our curriculum. We intend our curriculum to be exciting and motivating, to enable children to achieve high standards in the core areas of learning: English, maths and science. Equally important, we want children to develop their creative and expressive talents, in particular through art, music, dance and sport. There is no narrowing of the curriculum to prepare children for tests: throughout their time here children will enjoy a broad and balanced curriculum.

As a result of this approach we have achieved our best ever results at KS2, significantly above national averages. Further details are available on the school website ([www.stmichaelssg.co.uk](http://www.stmichaelssg.co.uk)). We are in the process of changing our website, so that by the end of the summer there will be a whole new look about the site.

### Having a rich curriculum

In order to ensure our children have a rich and varied curriculum, we employ a number of specialist teachers, particularly in art, music and sport, as well as providing a whole range of additional activities and opportunities.

### Song and dance

We are passionate about singing and dancing, and there are all sorts of opportunities available for children: music lessons taught by a specialist; small



group lessons in a wide variety of instruments; after school music and dance clubs. This year we engaged in a whole-school singing project called IsingPop. This was a wonderful week, culminating in performances to parents in the Church Centre. Some of the songs are now available to listen to on the website. Every year all children in Y4 get to learn the ukulele, and pupils in Y6 all have African drumming lessons. Next year we are introducing recorder to all Y3 children, and the fife to everyone in Y5. In addition we also have several musical theatre clubs (one in the week and two on Saturday morning).

Next year will also see the return of a whole-school musical. After recent successes with The Lion King and Beauty and the Beast, rumour has it that we will be doing Seussical the Musical. Watch this space!

### Art

Children throughout the school have access to a specialist art teacher, who ensures that children learn a whole range of artistic skills and techniques, reaching

very high standards. For examples of these see our gallery page on the website. There are many displays around the school, as well as in Bradley

Stoke Library, the Church Centre, and the doctors' surgery. Again there are after-school clubs such as art club and sketch club, and various whole-school themes throughout the year.

### Sport

Alongside our regular sports teaching in school we take part in a whole range of sporting tournaments and competitions, including: football; tag rugby; swimming; netball; basketball; cricket; cross country. Highlight of the year is our own Sports Day, where children compete in teams for the Sports Day trophy. Whatever a child's sporting interest they are likely to find opportunities to flourish here!

**In so many ways we want our children to thrive and excel: above all to enjoy their time in school and develop into happy, successful young people.**

**If you would like to visit the school, or find out more, our contact details are on the school website [www.stmichaelssg.co.uk](http://www.stmichaelssg.co.uk).**

**We look forward to hearing from you.**



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- 'Pupils are highly articulate, eloquent and confident communicators orally and in writing.'
- 'The wide and well-planned curriculum supports the achievement of all learners.'



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## Little Stoke Primary School's Summer News

Little Stoke Primary held its summer fayre on the front lawns of the school on a lovely, sunny afternoon in early July. It was a highly successful event and raised an impressive £1,635 for the school. Among the exciting activities going on were performances from the school's Red Tie Choir who sang songs during the event, adding to the happy atmosphere of the occasion.



Science Bugs visited the school recently and classes had an exciting morning making potions as part of the STEM initiative in school. They explored the effect of combining certain substances, changing states of materials and a range of other aspects of chemistry. It all contributed to a lively and interesting lesson with some exciting learning going on. Miss Southcott, the school's Science Co-ordinator commented *"We are very pleased to be able to offer the children this enriching experience. Workshops like this open up possibilities for children."* These workshops were tasters for a series of Science clubs running in school from September.

Some months ago, United Living came into school to do a building site safety assembly with the children as they were involved with the building project that is now almost finished in Collins Avenue. They held a building site art competition for the children and we had many entries, with a lot of effort being put into creating each one. Three winners were chosen by United Living and their posters, along with all of their entries, were printed onto special waterproof material to be displayed on the hoardings of the site. The winners were invited to the grand unveiling, and all of the entrants can be very proud of their efforts. The winners were Layla, Sean and Maria (photo right)—congratulations to them.

Finally, a big congratulations to our Year 4 teacher Mrs Potterton who recently won the Coach of the Year award at the Stars of the Stokes aware ceremony!

**We are holding an Open Day for parents considering a school for their children for September 2020.** Please come along for an informal visit to the school, have a guided tour of the grounds, visit Reception Class and meet the teachers, staff and governors.

**The Open Day dates are 26th September 9.30am, 22nd October 9.30am and 20th November 6pm. To book a place at one of our Open Days please ring 01454 866522.**

**If you would like to find out more about Little Stoke Primary School please visit our website at [www.littlestokeps.co.uk](http://www.littlestokeps.co.uk)**



## In the community:

### St Michael's Primary School Fair

by Michelle Edwards

On Saturday 22nd June St Michael's Primary School held their annual summer school fair - they couldn't have asked for better weather, it was glorious.

Little Stoke Gifford Matters was pleased to be able to support the event with our own stall and prizes to be won. By 1.00pm our stall was ready, balloons up, timer and pen ready. Our challenge was for people to 'guess a minute' in time (no phones allowed).

#### The winners were:

- Glyn Colman (Winning family pass to Chepstow race day in August)
- Chris Smith (Winning day pass to Livingwell Health Club)
- Rebecca Greenslade (Day pass to Aztec West Spa)
- Olie Greenslade (Day pass to Aztec West Spa)

We also asked children who visited the stall if they wanted to draw a picture of their favourite thing in Stoke Gifford: I think we have some budding artists! Here's a selection -

- Jeenah age 6 drew a swimming pool (top right)
- Isla age 6 drew the local park (bottom right)
- Maisey age 5 drew her family (below pic)

We hope everybody enjoyed their balloons and wild flower seed too which we were pleased to be giving out! The fair saw many people through the gates and a lot of fun was had by all, with lots to see and do from raffles to inflatables, visits from Buzz lightyear and Pickachu. Children's Performances of I-Sing Pop and wet sponge throwing with the stocks.

4.00pm and the Fair drew to a close with Mr Freeman calling out the raffle winners and thanking everyone for their contribution and help.

Takings were counted up and the PTFA were overwhelmed with having raised a staggering £5,450!! All the money will go towards purchasing new outdoor play equipment for Key Stage 1.







Abbeywood Community School

# OPEN EVENING 2019

Thursday 26 September 2019  
6.00 pm - 8.00 pm

- Headteacher presentation
- Enjoy a school tour, courtesy of students
- Meet our staff and governors
- NO BOOKING NECESSARY

**Bookable Daytime Tours**

Thursday 26th September at 9.00 am and 11.00 am  
Monday 30th September at 9.00 am and 1.45 pm  
Wednesday 2nd October at 9.45 am and 1.45 pm

Bookable at: [info@abbeywoodschool.com](mailto:info@abbeywoodschool.com)

Twitter: @AbbeywoodSchool

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Bradley Stoke Community School

# SECONDARY OPEN EVENING

Thursday 19 September 6-8pm

- Headteacher presentation
- Enjoy a school tour
- Meet our staff, students and governors
- No booking necessary

**BOOKABLE DAYTIME TOURS**

Tuesday 24th September at 8.45am  
Thursday 26th September at 1.35pm

Bookable at: [admin@bradleystokecs.org.uk](mailto:admin@bradleystokecs.org.uk)

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[www.bradleystokecs.org.uk](https://www.bradleystokecs.org.uk)

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## News from Abbeywood Community School

### Water Sports Competition

For 7 weeks in Term 5 & 6, students from years 7, 8 and 9 have been learning how to sail, row and work together on katakanu's. The training and competition was organised by Wesport involving schools from across Bristol. Participants used muscles they didn't know could ache and have developed more and more confidence each week, and gained team building skills that will stay with them forever!

For the first few weeks the students had a go at everything whilst deciding which water sport they preferred. They then spent a few weeks practicing their chosen sport for the regatta. It was a wet and windy ride but they have shone through and proved what they can do! All of them supported each other brilliantly.

It all paid off at the regatta. They came away with a gold medal for katakanuing and happy, smiling faces. Congratulations to all!

### Girls World Cup Tournament

On Thursday 27 June seventy girls from Y7 to 10 completed in a girls football tournament to celebrate the Women's World Cup in France. The students involved were split into eight countries which were represented in the world cup. A member of staff also acted as manager for each of the teams.

The competition started with two pools in which all teams got to play the others in their group. After this the teams were seeded and had to play another team in a knockout competition. In the quarter finals all the teams from pool B beat their competitor from pool A. In the semi-final, Australia dominated Scotland with a 5-2 win while Argentina just got through against England on penalties. In the final Australia and Argentina managed to hold each other at 0-0 until it came down to a golden goal to win the game. Argentina just managed to get a ball in to beat the keeper.

Congratulations to Argentina and team manager Mrs Davies. Thank you to all the girls and staff involved in making the tournament a success.

### Curriculum Enrichment Week

Students had the opportunity to take part in a range of engaging and enriching activities during Curriculum Enrichment Week, Monday 8 - Friday 12 July 2019.

These included residential trips to The Rhineland and Barcelona, two days in London watching a West End show and a backstage tour plus a week full of activities at PGL Liddington. Students participating in the Duke of Edinburgh Bronze Award completed their qualifying expedition. In addition to these wonderful trips, a comprehensive range of in school activities was also available along with the opportunity for day trips to Tamworth Snow Dome, Bristol Climbing Centre, Go Ape, the Wild Place, West Midlands Wildlife Park, Skirmish Paintballing, Zaza's Bizarre, Cadbury World amongst many, many more.

The week was enjoyed by both staff and students and gave everyone the opportunity to make new friends, try new things and be part of the wonderful Abbeywood Community in new ways.





## Updates from Bailey's Court Primary School

### Evacuation Day for Y3 at Avon Valley Railway



When Year 3 were on the bus to Avon Valley Railway Station, we were very excited. We knew we were going to learn a lot of history about World War 2. Our teachers told us to dress up as an evacuee child to give us the full experience of being an evacuee. After half an hour, we got there and we sat down in the seating area. Then the staff introduced themselves and told us all the safety rules. We were split into groups, and after we went on the steam train. We got many fun things to do for example, colouring, quizzes and word searches. After that, they told us a lot of information about WW2 such as, it started in 1939 and ended in 1945. Next, we did a handful of activities and a man told us his story of when he fought in the war. He had also brought some items from the war. Finally, we went back to school, and we all agreed we had an awesome day!

### Cogginus the Roman Comes to School!



On Monday 1st July Year 3 were visited by a Roman soldier! Cogginus the Roman was invited to school to show us what life was like as a Roman soldier. The first thing he did was to teach us how to say hello in Latin "Salve!". He also taught us the different parts of the armour and what they were used for, we were also able to learn when the Romans invaded Britain (AD43).

After we had learnt all about life as a Roman soldier, he wanted to find out if we would be good recruits

for his army. He taught us how to march in step by shouting "Sin" (left) and "Dex" (right). We also learnt how to turn to the left and right and spin on the spot.

After break, we collected our shields and learnt how to march as a Roman century, it was very tricky to stay altogether, we even got to throw 'pilum' at Mr Potter! Cogginus also taught us how to make a huge testudo and the teachers surprised us by throwing tennis balls and dodgeballs to see how effective our testudo was!

While we were practising KS1 came outside to see our Roman formations, Cogginus said that we were going to scare them so we formed ourselves into a line and we pretended to charge them when we were given the command! We then formed a 'wedge' and marched towards them like Roman soldiers.

We then went back into the learning studio and were able to hold all of the different pieces of Roman equipment. It was a really amazing day and we all learnt a lot!

### Y3 Giacometti Sculptures

For our Year 3 enterprise event we made Giacometti sculptures. Alberto Giacometti was born on the 10th of October 1901 and he died when he was 64 years old in January 1966. Giacometti was a famous Swiss artist and he made statues using the shadows of people moving as his inspiration. This is how we made our statues: First, we got 3 pieces of wire to make our person. We then took 1 of the pieces of wire and made a loop. We then twisted the end of the wire round each other not to tight so the second piece could fit through a gap that was the body. We then wrapped our second piece around as many times as we wanted but we had to make sure it was secure and make sure it was long. After that, we had to make a knot that was not too tight at the bottom so we could fit our legs in. Then



we wrapped our legs as many times as we wanted so they were whatever length we wanted. After that we had to make our feet horizontal like a right angle. We got some clay and wrapped it around the wire and we made sure it was thin but not too thin otherwise it would crumble. Next we had to smooth it with water so that it wouldn't crack. After a few days, we had to paint it with a mix of paint and PVA glue that would seal the cracks. We then got a wooden block and sanded it with sanding paper to make sure it was smooth. We then attached our Giacometti to the block. We then created an art gallery to display our amazing statues and invited our parents in to view and buy them. We raised over £120 which will be split between our charity and our year group.

### Year 5 Microbial Fuel Cell Project 2019

This term, Year 5 began their exciting science project. Five staff members from the University of the West of England came into school to help the children build MFCs - Microbial Fuel Cells.

The children worked in groups of 6 to construct the fuel cells and then they went into the school grounds to collect soil containing bacteria.

Over the next 4 weeks, the children will feed and water the fuel cells, enabling the bacteria to multiply. The cells then produce energy from the bacteria and each day the children measure the voltage generated. Through this project, the children learn the importance of finding new and sustainable ways of producing electricity and, hopefully, by the end of the project, their cells will actually light a small light bulb! An exciting end to the project is a visit to UWE where the children get the opportunity to share their learning with academics from the university and visit their Robotics Department.

It is a fantastic project and we are really grateful to all of the staff from the university who are coming in to Bailey's Court Primary for the fifth consecutive year to work with our Year 5 children.



### Year 5 Camp 2019

Just before half term, our children in Year 5 took part in our overnight camping experience on the school field. They spent the Friday of the camp making their own shelters; the main challenge was to make them as waterproof as possible in case it rained!

At the end of the day the children disappeared home for a short while only to return at 6 o'clock to pitch their back up tents and to spend the first part of the evening treasure hunting and taking part in a very competitive game of 'It's a Knockout'. This was followed by a delicious barbeque and a huge camp fire, around which the children took it in turns to sing songs, tell jokes and demonstrate some of the many talents that they had. At approximately 11pm, the children settled down in their shelters for the night, or more accurately, started their midnight feasts. Having eaten their fill, one by one the children started drifting off to sleep and by 4.00am the school field was finally quiet as the last few children drifted off.

Saturday morning started quite early (at 4.07am more precisely) when the first few individuals woke up and within no time at all, everyone was up collapsing their tents and trying to find their belongings and repack them back into their bags. Soon after it was time for breakfast: bacon sandwiches and rounds of toast which were greatly appreciated by all! The children had a few moments to run around outside before parents began to gather at the gate and it was time for the children to depart for home.

The overnight camp was very successful and we would like to comment as a school, how proud we were of the children who were full of fun and displayed exemplary behaviour throughout the camp. We would like to say a huge thank you to all of the staff of the school who very kindly gave up their time to help look after the children over Friday night – thank you.





**BANK HOLIDAY MONDAY 26TH AUGUST  
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## Big Family Race Day – Bank Holiday Monday 26th August

*Meet giant dinosaurs and enjoy free fun fair rides at our August Bank Holiday Big Family Race Day and don't forget children 17 and under go FREE!*

As well as the seven great horse races, there will be plenty of entertainment to keep the whole family amused, what's more, it is all free with your admission ticket.

For the first time at Chepstow Racecourse, you'll be able to meet a giant Raptor and Triceratops as well as two baby dinosaurs. We will also have lots of other dinosaur activities in our Jurassic Marquee (including giant dinosaur eggs, jungle plants, dinosaur bones, small eggs, hatching dinosaur eggs and Ranger Training).

We will have more fun fair rides than ever before, creating both a 'Kids Village' & 'Teen Village' so there really are rides suitable for the entire family!

We have: Bungee Trampolines, Mini Planes, Tea-Cups, Race-o-Rama, Monster Truck Ride, Speed Booster, Dodgems and Dance Zone.

Other entertainment on site includes bouncy castles, face painting and more!

**REMEMBER, ALL THIS ENTERTAINMENT IS FREE WITH YOUR TICKET!**

**Early bird adult tickets are ONLY £15 for this amazing event and remember, kids aged 17 & under go free, parking is free and you can bring a picnic (no alcohol).**



## Jump Season Opener Friday 11th and Saturday 12th Oktoberfest

*This is the eagerly anticipated opening weekend of the winter jump racing campaign - the excitement and drama starts here!*

This meeting is steeped in heritage with top class horses battling it out over fences and hurdles with today's feature race, The Persian War Novices' Hurdle.

Top class horses have appeared at this meeting including Cue Card, Silviniaco Conti, Don't Push It, Finian's Oscar and Blaklion. Which stars will we see this year?

Unibet is proud to be an official betting partner over the weekend and are proud sponsors of the Veteran's Handicap Chase.

*It's also Oktoberfest Friday and Saturday so bring your friends and family for a great day out!*

The Oktoberfest Marquee will feature an Oompah band performing live in-between races.

**Friday** tickets for Grandstand & Paddock for this meeting are just £20 in advance and £25 on the day. Premier Enclosure tickets are £25 in advance and £30 on the day. **Saturday** tickets for Grandstand & Paddock for this meeting are just £22 in advance and £27 on the day. Premier Enclosure tickets are £27 in advance and £32 on the day.

You can also take advantage of our advance Pie & Pint Package which for just £32pp includes a Grandstand & Paddock admission ticket, top quality pie, a drink (pint, glass of wine or soft drink) and a racecard.





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## CAN YOU HELP?

37 Squadron Air Cadets based in Frampton Cotterell are in desperate need of members for our Civilian Committee.

We need a Secretary and committee members, to help keep our squadron of young people going. It is part of the constitutional rules that each squadron must have a full committee, or be forced to close.

The meetings are on a Monday or Thursday evening and take place 4 times a year.

Please if you feel that you can give time to help the squadron, which has been helping young people in the community to be achieve great things for 26 years, then contact Flying Officer Paul Sambrook on 07527 511 854.

## Winterbourne Flower Club

Visiting demonstrators and hands on nights. Thursdays on various dates

New members are welcome  
Please ring for details on  
01454.776753

## Extended hours for Shopmobility

The popular Shopmobility scheme in Yate Shopping Centre has increased its opening hours to helps its users access the scheme. The scheme has been operational since 2006 and provides a vital service to its users, helping them access the shopping centre and for social purposes too. Thursday opening hours, from now until Christmas, have extended from 2pm, to 4pm.

This means their hours during the week are 09.30am-4pm on a Tuesday, Thursday and Friday, and until 2pm on a Saturday.

To contact the Shopmobility office for more information  
Tel: 01454 868718 or 07999574474 or email:  
shopmobilitysouthglos@yahoo.com

## Chepstow Show

**Sat. August 10<sup>th</sup> 2019**



**At Chepstow Racecourse**  
Main Ring programme commences 9:30 am.  
Attractions include.

**Welsh Horse Display Team and  
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Pony Club Mounted Games  
Curre & Llangibby Hunt Parade of Hounds

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## BRADLEY STOKE LIBRARY

**Volunteer Bureau Drop-in Session**  
Thurs 8th Aug 12:00-14:00

### DigiLocal Coding Club

Saturdays 9:45-12:15 for 8-14 year olds.  
Places must be booked via email: digilocal@hbb.org.uk DigiLocal will introduce children to computational thinking through project based activities building computer games and animations. DigiLocal is registered with and uses project guides from Code Club.

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renew books online?** You can also download eBooks, eAudiobooks and digital magazines. Find out all that's on offer at [www.librarieswest.org.uk](http://www.librarieswest.org.uk)

**Summer Reading Challenge Craft:**  
(Suitable for children aged 4-11 years)  
\*Adult supervision required

**Alien Invasion** - Mon 29th July  
Drop-in any time between 10:30-11:30

**Space Junk** - Mon 19th Aug  
Drop-in any time between 10:30-11:30

**Space Explorers** - Tues 27th Aug  
Drop-in any time between 14:00-15:00

### Fizz Pop - Science Workshop Out of this World

Tues 6th Aug 14:00-15:00  
(Suitable for children aged 4-11 years)  
\*Adult supervision required  
The numbers are limited for this event so you will need to book a ticket at [www.southglosevents.eventbrite.co.uk](http://www.southglosevents.eventbrite.co.uk) if you would like to come along.

email: [jaci@mattersmagazines.co.uk](mailto:jaci@mattersmagazines.co.uk) to list your event for FREE

Check out [www.bradleystokematters.co.uk](http://www.bradleystokematters.co.uk) for MORE community events!



## BSYFC U9 Blues Head to Italy!

BSYFC U9 Blues Team (age group 2009/2010) have had a great Season in the local Hanham Division B group and were winners of the Hanham Under 9's Autumn Cup of their group and runners up at the Portishead Europa League Tournament.

As well as football training and matches, there have also been opportunities for the players to interact socially. This included a Summer BBQ, a Family Breakfast, the Christmas party and an engaging end of year celebration where each player was awarded a trophy! Players received additional medals for their successes in cup matches during the season.

BSYFC U9's Blues recently took part in their first European Tour! A dozen players, made up of players from both the first and development teams, plus coaches, travelled with their families to Italy over the half-term week at the end of May. Staying in the beautiful setting of the Aosta Valley, the team enjoyed days out visiting a castle, taking in the sights of Aosta and a tour of the Juventus Museum in Turin. There was also an opportunity, for those that wanted, to watch the "Serie A" football match between Torino and Lazio, experiencing the unique atmosphere of an Italian match first hand. The players especially enjoyed a morning of rock climbing and high ropes, giving them the opportunity to bond as team by encouraging each other to complete the challenge.

The team was hosted by local teams and BSYFC players were invited to train along-side local teams at Quincinetto & Tavagnasco (Quinci-Tava) (Local Academy of Torino Calcio) and also Issogne at their respective training grounds. They were given a warm Italian welcome by both



**Photo: Bradley Stoke Youth FC U9 blue team (2018/19 season) – [www.HowardLiu.net](http://www.HowardLiu.net).**

teams. These training sessions and practice matches were enjoyed by all players and served as good preparation for the final event of the week, an international tournament hosted at the local training ground of Quinci-Tava. They were also a good opportunity to burn off the countless pizza, pasta and Gelato consumed by all!

During the tournament, including the two teams from the hosts, twelve teams participated playing 6 matches each, with temperatures in excess of 25°C! The teams included a mix of Italian and French teams of various abilities from local recreation level through to the Torino FC Academy, who were another level!

The matches were by no means "Easy". Most of the Italian teams play in an U10 league, a full year in advance of the BSYFC squad. However, spurred on by excited and perhaps slightly over enthusiastic parents, the boys played exceptionally well, showing real determination and unity as a team. All their practice and hard work from the coaches really paid-off.

We were proud to witness the high levels of sportsmanship from all our players and also to see how enthusiastically they welcomed the opportunity to form a joint team alongside other Italian players.

This unique experience to play alongside teams from different countries and experiencing a wide range of football styles could not have been possible without the unwavering support of their coaches and the incredible fundraising efforts from many of the parents and grandparents which helped provide a new summer kit for the event and cover some of the tour expenses.



The Under 9's blue team train every Saturday morning at Bradley Stoke Community School between 10.00am – 10.55 am. The coaches create a fun and encouraging environment that allows the children to develop and enjoy playing as a team. As they gain confidence, they are encouraged to play in either league matches, development matches or friendly's, usually on Sunday mornings.

BSYFC is an FA Charter Standard Community Club with our primary focus being that Football is accessible to children of all levels.

**We are seeking new opportunities for sponsorship, in order to better support the team and improve the standard of training we can provide. We need help to fund some of the everyday costs that the team faces such as training kits, rain jackets and renewal of training equipment.**

**If anyone is interested in joining or wants more information, then please contact Matteo Bianchi (Team Manager and Head Coach) on 07966 762234, email [matteobianchi.ing@gmail.com](mailto:matteobianchi.ing@gmail.com) or visit the club's website at <http://www.bsyfc.co.uk/teams/134076>**

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## Success for Little Stoke Colts FC

Congratulations Little Stoke Colts FC finishing Runners Up in our first season in the Avon Youth League 2018-19 season Under 16s.

They were also winners of the Stoke Lane AFC Tournament 2019 U16 Cup !

Little Stoke Colts FC U16s played against a very strong Stoke Lane side in the final and won on penalties 3-2. Stoke Lane hosted a fantastic tournament for all age groups and was great for the local community.

## U18 PLAYERS NEEDED

After a very successful season 2018-19 in the Avon Youth League in Division 2, Little Stoke Colts FC are entering U18s for the September 2019-20 season in Division 1 of the Bristol U18s Combination. We train and have trials for free 7-8:30pm every Wednesday at Horfield Leisure Centre. We are linked with Little Stoke FC (mens) with the aim of players eventually feeding into Reserve Team (currently in the Bristol & Suburban League Division 2) and First Team (currently in the Gloucestershire County League).

Any players interested in joining please contact Manager Mark Jury on 07746 020 200 for trials.



## South Gloucestershire Hockey Club

As summer league draws to an end, South Glos have had an enjoyable summer welcoming not only some new but also returning players to the team. Many sunny evenings were spent playing, umpiring and supporting the club!

This sets us up nicely for winter league which will begin in September. Our first training session will be on Tuesday 3rd September 8pm at Bradley Stoke Community School. We are always looking to welcome new players to our club so if you are keen and want to find out more, please come along or contact us via the links below!

We also have an exciting new opportunity for the youth of our community and surrounding areas. We will be running some youth hockey sessions called Hockey Heroes. These will be held on Sunday mornings at Bradley Stoke Community School.

For more information and how to register please contact us.

Email: [info@sghc.org.uk](mailto:info@sghc.org.uk) ; FB: [SouthGloucestershireHockeyClub](https://www.facebook.com/SouthGloucestershireHockeyClub) ; Web: [www.sghc.org.uk](http://www.sghc.org.uk)



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## Local Clubs and Groups in and around Bradley Stoke, Little Stoke and Stoke Gifford

### BABY AND TODDLER GROUPS

**Beehive Baby and Toddler Group**, The Old School Rooms, Stoke Gifford. Thursdays 10-11.30, term time only. Church office 0117 9692486.

**Bright Sparks Toddler Group** Monday afternoons 1-3pm term time only All new families welcome phone : 01454 615577

**First Steps Toddler Group** - Christ the King Church, Bradley Stoke Thursdays 10.00 am-11.30 am term times. Phone 0117 9312304

**Little Hedgehogs (0-5's)** - Wednesday mornings, 10am-12noon school term time only. Edge Church Bristol , 1160 Park Avenue, Almondsbury, Bristol, BS32 4TF. 01454 837990.

**Pre-School Rhyme time** Bradley Stoke Library Mondays 10.45-11.15am 01454 868006 bradleystoke.library@southglos.gov.uk

**Puddle Ducks** - Mondays 10am to 12 noon during term time Brook Way Activity Centre. puddleducktoddler@hotmail.co.uk

**North Bristol Twins Group** - Fridays from 10-12 noon during term time (including half terms) at Bradley Stoke Evangelical Church £3 per family, northbristoltwinsgroup@googlemail.com northbristoltwinsgroup.co.uk

**Trinity Tots** - Mondays 9:30 - 11:30 during term time. Contact Holy Trinity Church Office on 01454 620975

### LOCAL CLUBS AND ORGANISATIONS

**1st Bradley Stoke Scouts** - Beavers, Cubs, Scouts and our marching band meet at Brook Way Activity Centre and Holy Trinity school. Please have a look on our website for further information for both young people and adult volunteers at [www.bradley-stoke-scouts.org.uk/join](http://www.bradley-stoke-scouts.org.uk/join)

**1st Little Stoke Scouts** - 1st Little Stoke Scout Group, Beavers, Cubs and Scouts. To enquire about your child joining or to volunteer call Tony Edmonds (Group Scout Leader) 07957880503, or email [tonyedmonds108@yahoo.com](mailto:tonyedmonds108@yahoo.com)

**Bradley Stoke Book Club 'Bookaholics'** meet at Starbucks, Aztec West on the 2nd Wed of each month at 7:30pm. Geoff Stobbart 07714101354 [geoffrey.stobbart@btopenworld.com](mailto:geoffrey.stobbart@btopenworld.com)

**Bradley Stoke Community Singers** - Tuesdays term time only at Bradley Stoke Community School 7.15-8.30pm. Free and open to all [info@bscsingers.co.uk](mailto:info@bscsingers.co.uk) or call 07743 333837 / 07599 252176

**Bradley Stoke Lions** meet every 2nd Wednesday at the Doubletree Hilton at 7.30 pm Ailsa Young, 07737 106836 [ambyoung29@yahoo.com](mailto:ambyoung29@yahoo.com)

**Bradley Stoke Radio** - The Activity Centre Brook Way, Bradley Stoke, Bristol BS32 9DS, 01454 616055 [bradleystokeradio.org.uk](http://bradleystokeradio.org.uk)

**Bradley Stoke Rotary Club**. Breakfast club meeting 4 Fridays per month, 7.15-7.30am start, 8.30am finish, Bristol Golf Club, Blackhorse Hill, Almondsbury, Bristol. BS10 7TP. Contact the Secretary [rotarybradleystoke@gmail.com](mailto:rotarybradleystoke@gmail.com)

**Bradley Stoke Sew and So's** - New members welcome! Patchwork and Quilting Group, 3rd Monday in the month 1.30-3.30pm at the Jubilee Centre, Bradleystokesewandso.weebly.com

**Gifted drama group** Saturday 10-11.30am. Term time at Holy Trinity church. Ages 8-12 years. Contact Hayley Thomas via church office 01454 620975

**Girl Guides, Brownies & Rainbows** - [admingirlguidingbsg.org.uk](mailto:admingirlguidingbsg.org.uk), [girlguidingbsg.org.uk](mailto:girlguidingbsg.org.uk)

**Goldies** - a light hearted weekly fun sing along session for those who enjoy the songs from the 50s, 60s and 70s. We're not a choir but a group of local people who enjoy getting together and having fun. We meet every Tuesday 2-3pm The Old School Rooms, Stoke Gifford. £2 per session. All welcome.

**Little Stoke Ladies Club** - meets the 1st & 3rd Tuesdays 7.30pm at the Community Hall, Little Stoke Lane. Julie 0117 931 5007

**Sevenside Ramblers** - 'Friday Ambles' start in the Aldi car park on alternate Fridays at 10am. Weekend & evening walks -start in the Aztec West blue zone car park. Check site for details.[www.sevenside-ramblers.org.uk](http://www.sevenside-ramblers.org.uk)

**Stokes Art Group** - Tuesday evening and Thursday morning at Christ the King. Everyone welcome. [www.stokesartists.co.uk](http://www.stokesartists.co.uk)

**Stokes Crafters** - Every Thursday evening 7.30-9.30pm at Poplar Rooms, North Road, Stoke Gifford. £4 charge includes refreshments. Contact via Facebook page or Zoe Coggon - [zoecoggon@gmail.com](mailto:zoecoggon@gmail.com) or 07815 662446

**Stokes Phoenix Club** - meets 1st Tuesday of the month, 10am-12noon at Little Stoke Community Hall, Little Stoke Lane. Contact Rosemary Davis 01454 614474

**Stokes Singers** - Thursdays in term time at Coniston Community Centre, Coniston Road, Patchway 7.30-9.30pm. We are a mixed choir and do not hold auditions. Contact Liz Gazzard on 01454 614148 for further details.

**Willowbrook Townswomen's Guild** - Jubilee Centre – 7:30 – 9:30pm the 2nd Tuesday of every month. Ros Gallear - [rosalindg@tiscali.co.uk](mailto:rosalindg@tiscali.co.uk)

**Winterbourne Wind Band** - Thursdays 7.30-9.30pm at Greenfield Centre, Park Avenue, Winterbourne BS36 1NJ. Brass, woodwind, percussion, bass players wanted. Loan Instruments available. Contact Dan 01172 395210.

**Women's Institute (WI)** - Bradley Stoke: Jubilee Centre 2nd Wednesday of the month at 2pm contact Bev - 01454 625855.

**Women's Institute (WI)** - Stoke Gifford WI meet on the 1st Wednesday of the month at 7.30pm at Trust Hall, North Road, Stoke Gifford BS34 8PF contact Sue Grimsted 0117 9793409

**Woodcraft Folk** - children's 6+ activity group Wednesdays 6-7pm Jenny on 0117 9093969

On these pages we have tried to collate many of the non-profit making groups, clubs and organisations that regularly meet across the Five Stokes area, along with Church and School information. If we have got your details wrong, or missed out your club completely, please let us know [community@mattersmagazines.co.uk](mailto:community@mattersmagazines.co.uk) and we will do my best to put it right for you!

### SPORTS CLUBS

**Aretians Rugby Club for Cubs, Juniors and Seniors** Station Road, Little Stoke [www.aretiansrfc.co.uk](http://www.aretiansrfc.co.uk)

**Black and Blues Netball** - Non-League Social Netball Wednesdays 7.30-9pm BSCS, <http://www.theblackandblues.co.uk/> or find us on Facebook 'Black & Blues Netball'.

**Bradley Stoke Bowls Club** - Baileys Court Activity Centre [www.bradleystokebbc.com](http://www.bradleystokebbc.com). Val Nicholls 0117 9311203

**Bradley Stoke Cricket Club** - throughout the cricket season, we run 6 adult teams and five youth teams. All contacts are on our website at [bradleystokecc.play-cricket.com](http://bradleystokecc.play-cricket.com)

**Bradley Stoke Jiu Jitsu Club** - Chris Harris, [maru.jiujitsu@gmail.com](mailto:maru.jiujitsu@gmail.com) We train at Bradley Stoke Leisure Centre Tues & Fri evenings, classes for children and adults

**Bradley Stoke Junior Netball Club** - The Jubilee Centre. Every Wednesday U12's 4.30pm-5.30pm, U14 and U16's 5.30pm–7.00pm. Please email [bsncjuniors@yahoo.co.uk](mailto:bsncjuniors@yahoo.co.uk)

**Bradley Stoke Judo** - Various days and times, Bradley Stoke Leisure Centre, [www.bradleystokejudoclub.com](http://www.bradleystokejudoclub.com)

**Bradley Stoke Squash Club** - For adults, Juniors and Children. Welcoming new players from beginners to advanced. Club night Sunday nights for all From 6pm. Children's coaching on Sat Mornings. Contact Mark Stone for details 07786 911580

**Bradley Stoke Town Football Club** - Adult training Tuesdays at Bradley Stoke Community School, For more info see website at [bstfc.co.uk](http://bstfc.co.uk)

**Bradley Stoke United Football Club** - Football from U7's to U16's Various contacts, dependent on age, see website [bsufc.co.uk](http://bsufc.co.uk)

**Bradley Stoke Youth FC (BSYFC)** – FA Charter Standard Community Club, U7s to U18s, disability football, mentoring, in-school coaching and football festival. Visit web site [www.bsyfc.co.uk](http://www.bsyfc.co.uk) or contact [mlee1@btopenworld.com](mailto:mlee1@btopenworld.com)

**Bradley Stoke Youth Rugby at St Marys Old Boys Rugby Club for Minis, Juniors and Seniors** - Trench Lane, Almondsbury website: [www.smobrugby.com](http://www.smobrugby.com), 01454 250489 email: [clubhouse@smobrugby.co.uk](mailto:clubhouse@smobrugby.co.uk)

**Bristol Extreme Allstar Cheerleaders** - Wednesdays 7-9pm Little Stoke Primary School, [bristolextreme@gmail.com](mailto:bristolextreme@gmail.com)

**North Bristol Rugby Club**, Rugby teams from 4+ [www.pitchero.com/clubs/northbristoljuniorsrfc/](http://www.pitchero.com/clubs/northbristoljuniorsrfc/)

**North Bristol Running Group** friendly group of recreational runners, 3 evenings per week, Tuesday, Wednesday and Thursday, in the Bradley Stoke area. Tuesday evening is aimed at Beginners whilst all levels are welcome on any of the evenings. For further information please see our Face Book page or text Alan Wilcox on 0789 0182387.

**Sole Sisters** - ladies only running group, meets Monday evenings in various locations Bradley Stoke & North Bristol, [www.solesistersrc.co.uk](http://www.solesistersrc.co.uk)

**South Glos Hockey Club** Trains Tuesday evenings at Bradley Stoke Community School 8pm-9.30pm with league games played on Saturdays and mixed on Sundays. <http://www.sghc.org.uk>, Facebook - South Gloucestershire Hockey Club

**Stokes Cycling Club** - Cycling club in and around Bradley Stoke area as well as long distance rides, for adults and families - [www.stokescyclingclub.org.uk](http://www.stokescyclingclub.org.uk) [stokescyclingclub@googlemail.com](mailto:stokescyclingclub@googlemail.com)

**Stoke Gifford Cricket Club** – We 2 Saturday league teams, occasional Sunday friendlies and club days. All ages and abilities welcome at a real community club. Winter nets start spring 2016. Contact Mark Stephens on 07816962503.

**Stoke Gifford Short Mat Bowls Club** -Tuesday mornings and Friday afternoons. For more information please contact 0117 9791807 or email [sgsmbc@outlook.com](mailto:sgsmbc@outlook.com).

**Stoke Gifford Tennis Club** - Tennis for Adults, Teenagers and Juniors all year round! Club night is on Monday's from 19:30. For further information about membership and coaching visit our website <http://www.stokegiffordtennisclub.co.uk>

**Stoke Lane Athletic Football Club** -- FA Charter Standard Community Club, u6 to u16 ; U18 Colts and two senior men's teams; FA accredited coaches; contact via [www.stokelane.co.uk](http://www.stokelane.co.uk) or email Club Sect 'steve' [pspayne@blueyonder.co.uk](mailto:pspayne@blueyonder.co.uk) or Club Mobile 07972 039413

**Stoke Striders Running Club** - A free recreational running group, Mondays 6-7pm Little Stoke Park, <https://www.facebook.com/stokesstriders>

### CHURCHES / COFFEE MORNINGS

**Bradley Stoke Evangelical Church** Baileys Court Road 0117 9314716 [www.bscc.org.uk](http://www.bscc.org.uk)

**Christ the King Church** Mautravers Close, Bradley Stoke 0117 931 2304. Coffee mornings with bacon butties Fridays at 9-11am. [www.ctkchurch.org.uk](http://www.ctkchurch.org.uk)

**City Church** Bradley Stoke Community School 0117 2303330. Community Coffee Morning Brook Way Activity Centre Thursdays 10-12 [www.bridgecommunitychurch.org](http://www.bridgecommunitychurch.org)

**Edge Church International**. 1160 Park Avenue, Aztec West Business Park, BS32 4TL. Tel 01454 837990. [www.edgechurch.co.uk](http://www.edgechurch.co.uk)

**Holy Family Catholic Church** Southsea Road, Patchway 0117 9081247 [www.holyfamilyrcchurchpatchway.co.uk](http://www.holyfamilyrcchurchpatchway.co.uk)

**Holy Trinity Church** Broadcroft, Bradley Stoke 01454 620975 [www.htcbradleystoke.co.uk](http://www.htcbradleystoke.co.uk)

**Little Stoke Baptist Church**, Kingsway, 0117 969 6060. Coffee & Cakes Thursday mornings 10-12pm All Welcome.

**St.Michaels Church**, The Green, Stoke Gifford 0117 9692486 welcome@stmichaelsbristol.org. Coffee shop open Mon to Fri 9.30 until 4pm, and Saturdays 10-12.

**Trinity Network** -[www.trinitynetwork.org](http://www.trinitynetwork.org) Amberley Road Baptist Church, Patchway, 01454 610808 Stoke Gifford Baptist Church 1, Rock Lane, 01454 610808







### PRIMARY SCHOOLS

**Baileys Court Primary School**, Head Teacher: Andrew Lynham, Breaches Gate BStoke, 01454 838320

**Bradley Stoke Community School Primary Phase**, Head Teacher Sharon Clark Fiddlers Wood Lane BStoke BS32 9BS 01454 868840

**Bowsland Green Primary School**, Head Teachers: Faye Kitchen/ Michelle Engley, Ellicks Close BStoke, 01454 866766, bowslandgreen.org.uk

**Holy Family R.C. Primary School**, Head of School: Dawn Breeze, Amberley Road Patchway, 01454 866786

**Holy Trinity Primary School**, Headteacher: Janet Dickson, Broad Croft BStoke, 01454 866735, holytrinity-pri.s-gloucs.sch.uk

**Little Stoke Primary School**, Headteacher: Anne Sargent, Little Stoke, 01454 866522, <http://www.littlestokeps.co.uk>

**Meadowbrook Primary School**, Head Teacher: Nicola Bailey, Three Brooks Lane BStoke BS32 8TA, 01454 868630, meadowbrookprimary.co.uk

**Stoke Lodge Primary School**, Headteacher: Sharon Bishop, School Close Bourton Avenue, Stoke Lodge, 01454 866772

**St Chad's Patchway C of E Primary School**, Head Teacher Mrs Steph Jenkins, Cranham Drive, Stoke Lodge, 01454 866523

**St. Marys R.C. Primary School**, Head Teacher: Paula Marsh, Webbs Wood Lane BStoke, 01454 866390,

**St Michael's Primary School**, Head Teacher Mark Freeman, Ratcliffe Drive, Stoke Gifford 01454 866781. [www.stmichaelsg.co.uk](http://www.stmichaelsg.co.uk)

**Wheatfield Primary School**, Head Teacher: Phil Winterburn, Wheatfield Drive BStoke, 01454 868610

### SECONDARY SCHOOLS

**Abbeywood Community School**, Head Teacher: Dave Howe, New Road Stoke Gifford BS34 8QT, 0117 307 5660, [abbeywoodschool.com](http://abbeywoodschool.com)

**Bradley Stoke Community School**, Head Teacher: Steve Moir, Fiddlers Wood Lane Bradley Stoke BS32 9BS, 01454 868840, [bradleystokecs.org.uk](http://bradleystokecs.org.uk)

**Patchway Community College**, Head Teacher: Karen Cornick, Hempton Lane Almondsbury BS32 4AJ, 01454 862020, [patchwaycc.com](http://patchwaycc.com)

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## Take the Plunge for The West of England MS Therapy Centre

On Saturday 14th September, The West of England MS Therapy Centre will be joined by the lovely people of Newfound Friends at Portishead Quay Marina as their canine chums leap into action, and into the harbour waters, to rescue willing volunteers.

Be thrilled by the sight of huge but loveable Newfoundland dogs showing off their rescue skills whilst helping raise money for the Centre. With a typical bodyweight of around 75-90 kilos, a double waterproof coat and a full set of webbed feet, these gentle giants are as much at home in the water as they are on dry land and their life saving skills have been commended by The Royal Life Saving Society.

People taking part will be whisked from the quayside by boat and they will jump, or slide, into the water where the dogs will show off their famous lifesaving skills. Every volunteer will get a 'souvenir photo' taken with their cuddly rescuer.

The event is organised, with the kind help of Newfound friends and Portishead Quay Marina, to raise funds for The West of England MS Therapy Centre. The centre provides treatments, therapies and support to not only those who have Multiple Sclerosis but also many other neurological conditions with the aim of helping their members to remain fit, active and maintain an independent lifestyle for as long as possible. The very nice people at Hall and Woodhouse Portishead are kindly knocking 20% off the food bill for any of our participants on the day.

People can still register to enjoy the chance of being rescued by these wonderful canine lifeguards by registering at <https://www.thebrightwell.org.uk/events/take-the-plunge-for-ms/form> - there is a £20 registration fee and we ask participants to raise a minimum of £150 in sponsorship. Or you could just pop along on the day to enjoy the spectacle. The day begins at 10:00 and lasts until 16:00 and will be held outside Hall and Woodhouse in Chandlery Square.

If a family bike ride is more your thing, you could also help the Centre by being a Cycle Hero! (see right).

For further information please contact: Claire Wingate 01454 201686 or email [claire.wingate@thebrightwell.org.uk](mailto:claire.wingate@thebrightwell.org.uk)

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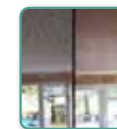
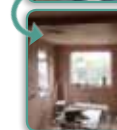
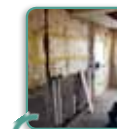


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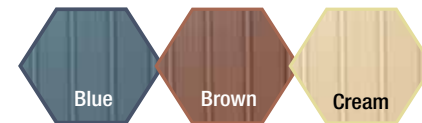
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